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# July 2010 Disaster Behavior Health Newsletter

Maine Department of Health and Human Services

Maine Center for Disease Control and Prevention

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## DISASTER BEHAVIOR HEALTH NEWSLETTER

Volume 2 No. 2: July 2010

**Exercise on Leadership in a Disaster** Participants in this year's exercise on Leadership During a Disaster unanimously agreed they learned a lot...about how much that didn't know! The exercise involved all 44 attendees who were forced to consider what happens to "first on scene" or "first time out" volunteers. DBH and ARC volunteers worked together to establish a Family Resource Center (FRC) in response to a Rockland ferry accident scenario. Veteran volunteers also got an opportunity to practice the thought process and explore challenges of introducing order in the midst of chaos. A panel of experts presented observations from their own experiences in local, national and international disaster response. It was a successful day of learning, preparing and understanding leadership challenges.

**Consortium Update** The Multi-State Disaster Behavioral Health Consortium remained busy after gaining recognition by the National Defense Science Board. Advocating for review of the Crisis Counseling Program, Co-chairs Gladys Pedro and Ashley Pearson presented concerns of member states that have received grants to NASMHPD in preparation for a call with SAMHSA. A Consortium subcommittee on the Crisis Counseling Grant Program and Case Management Initiative prepared discussion topics. Other active subcommittees include: Disaster Behavioral Health Training and Education of Volunteers and Other Key Staff, Veterans and Mental Health Issues, and Federal Funding and Resources to Support Disaster Behavioral Health Programs in the States. Don't forget to check the website regularly for updated resources shared by all member states. See: <http://www.sdbhc.us.com>

**VOLUNTEERS NEEDED!** Please help recruit disaster behavioral health volunteers for your team! With three trainings scheduled for the coming year, we hope to expand team membership and increase the local response capacity in all counties throughout Maine. We are lucky not to have been deployed recently, but we know the time will come — we can't allow this important response to be poorly manned if/when needed. Do your part to get colleagues and community helpers interested in disaster behavioral health response!

#### MORE NEWS AND RESOURCES FOR DISASTER BEHAVIORAL HEALTH

- ⇒ We will send separately a very worthwhile article from the Disaster Recovery Journal, entitled "Take Your Own Pulse First," by Vali J. Hawkins Mitchell, on creating a self-care protocol. Remember that responders are most often guilty of not taking care of self, e.g., not having a plan! We are—and respond to— responders!
- ⇒ PsySTART is a Rapid Disaster Mental Health Triage and Incident Management System which continues to attract attention. It is sometimes used by the Red Cross for triage in-the-field, and has been reviewed in various resilience studies. We will send separately an article which presents a comprehensive overview by Merritt Schreiber of the UCLA Center for Health Sciences.
- ⇒ New Hampshire colleagues have issued a Concept of Operations and full day training on setting up a Family Assistance Center. It will be finalized and available to share by our **12/2/10 Retreat!**



#### Upcoming DBH Trainings!

- ♦ Sept 8-9: Acadia Hosp, Bangor
- ♦ Sept 10: Psych First Aid—Acadia Hosp, Bangor
- ♦ Sep 30-Oct 1: W. Bath Fire Dept.
- ♦ Oct 28-29: Atlantic Oceanside, Bar Harbor
- ♦ Nov 22: IS-100 & IS-700, Bangor
- ♦ Dec 1: Psych First Aid, Freeport



#### RETREAT AGENDA:

- HAN Review & Update
- Procedures Review
- Go-bag Additions
- Family Resource Center Procedural Review
- Forms Review
- Maine Resilience Update
- Reacquaint & Renew Team Relationships
- Annual Drill Planning

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